

HELP US FEED KIDS WITH THESE DIY

LUNCH IDEAS! >>



KIDS' MEALS

DIY LUNCH IDEAS

*Each bag should contain one item from each category: **drink, snack, protein, fruit.** The items listed below are just ideas!*

(Please NO homemade food, no items that need refrigeration or are perishable).

DRINKS

Small Water Bottle (8oz)
Shelf-Stable Milk Box
100% Juice

SNACKS

Whole Wheat Crackers
Skinny Pop
Pretzels
Granola Bars

PROTEIN

Peanut Butter
Peanut Butter Crackers
Jerky
Tuna Packs
Shelf-Stable Chicken Salad

FRUIT

Fruit Cups
Applesauce
100% Fruit Snacks
Dried Fruit
Apple Chips

KIDS' MEALS

BAG DECORATING

HELP US DELIVER MEALS AND SMILES!

STEPS:

1. Gather Standard Brown Lunch Bags (13x7.9x27cm)
2. Decorate with art, colors, riddles, jokes, and more!
3. Deliver your bags M-F 9am-2pm or mail them to us.



Remember: No glitter or staples! And please do not seal the bag in any way.



Harris County: 330 Garden Oaks Blvd. Houston, TX 77018
Montgomery County: 5517 E FM 1488 Magnolia, TX 77354

www.kidsmealsinc.org

KIDS' MEALS

AS EASY AS 1,2,3

Gather pre-packaged, non-perishable foods and standard lunch bags

Assemble as many as you want (decorate bags if desired)

Bring to us and we will deliver them to the doorsteps of hungry children living in the Greater Houston Area.

You can drop off DIY meals Monday-Friday from 9AM-2PM!

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We are so thankful that you took the time to make meals or decorate bags for the children on our routes.

We truly cannot feed the future without YOU!